**Students and families:**

During the next 4 weeks, we will be preparing for our participation in OPEN National Field Day. Our school is registered to participate in the month of May. I your child is learning from home you can register your household at [www.openphysed.org/fieldday](http://www.openphysed.org/fieldday)

Keep this page in a safe place. It’s a checklist of everything that you will need to complete during this 4-week *Minute to Win* experience! But, if there’s ever a time when you need a copy of our learning materials, you can visit: [OPENPhysEd.org](http://www.openphysed.org/penow) to download activity pages, assignments, and watch video demonstrations of the learning activities that we’ll be using in physical education class.

**Grades 3-5 Physical Education Checklist for Minute to Win**

|  |  |
| --- | --- |
| **CHECK**  | **WEEK 1 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |
|  | **WEEK 2 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |
|  | **WEEK 3 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |
|  | **WEEK 4 of 4** |
|  | Attend physical education class, have fun, and stay healthy and safe. |
|  | Complete Weekly Physical Activity Log (be active every day for 60 minutes). Include soccer foot skill practice at least 3X per week. |
|  | Visit the [OPENPhysEd.org Field Day Event Center](https://openphysed.org/eventcenter2021) and choose a variety of events to practice at home. |